



This handout is designed to accompany the podcast What to do when there is nothing to do.

WHAT TO DO WHEN THERE IS NOTHING TO DO.

There is nothing more important to give your children than time. So when there is “nothing to do” spend some time together.

Try something fun, for example.....

- Take a walk
- Ride bikes
- Play a board game or a card game
- Go to the park
- Go to the library and check out books or movies
- Bake cookies
- Make a casserole to share with a friend or neighbor
- Volunteer together
- Recycle your bottles and cans and then go spend the profits on treats
- Go window shopping

Sit with your kids and made a list of all the fun things you could do, they will have great ideas. Post the list so you can find it next time you need it.

PLACES TO GO IN KERN COUNTY

CALM

- call to find out about Kids Free Day on the last Saturday of the month.
- <http://www.calmzoo.org/>

Kern County Museum -Lori Brock Children's Museum

- <http://www.kcmuseum.org/> <http://www.kcmuseum.org/oribrock>

Buena Vista Museum of Natural History

- www.sharktoothhill.org

2000 24th Street
Bakersfield, CA
661-861-5200



CCCC is a program operated by the Kern County Superintendent of Schools Office, Christine Lizardi Frazier, Superintendent



PLACES TO GO IN KERN COUNTY (CONTINUED)

Bakersfield City Recreation and Parks Department

- <http://www.bakersfieldcity.us/recreation/index.htm>

Kern County Parks and Recreation

- <http://www.co.kern.ca.us/parks/>
- Buena Vista Aquatic Recreation Area
- Tehachapi Mt. Park
- Lake Isabella

Other Areas in Kern County:

California State Parks in Kern County

- www.parks.ca.gov
- Colonel Allensworth State Park
- Red Rock Canyon State Park
- Fort Tejon State Park
- Tomo Kahni State Park
- Tule Elk Natural State Reserve

Maturango Museum, Ridgecrest

- www.maturango.org